

The Tribune Institute

At Your Service



Sugar Is a Food; Saccharin a Drug Condiment.

ANNE LEWIS PIERCE, Director of The Tribune Institute.



ency, and that we have no defence and trouble. no redress when the little concession

takes on a bean-stalk growth. We now use a little bit of alum in further from the truth. our pickles and baking powders, a trifle

dred times sweeter, and you can't prove | Saccharin is a drug condiment; it is it injures health unless you get more not a food. than .3 gram (4.5 grains) a day (so says the Referee Board).

But why not take a sporting chance like this in behalf of commercial gains | work in this propaganda. when, as one Vice-President of the The diabetic takes saccharin as the saccharin for sugar!

Who is Saccharin? What is she,

the Great Sweetener sugar.

the rate of 1,815 calories a pound. Four smiling sweetly and eating sugar! ounces a day, which is an average amount, would yield 454 calories. In durance and will prevent fatiguehence its presence in the ration of the

THE CASE OF SACCHARIN VS. SUGAR

Isn't it robbing the body to substitute saccharin for sugar?

Too much sugar may cause fermen-ARE a great people for thinking that if a tation in the stomach or intestinessin is little enough it but it will never cause diametes on becomes a virtue. Our KIDNEY TROUBLE—as the promoters of principles all seem to saccharin would lead you to think.

have a vanishing point. It is well known that the converse Why make a fuss of a proposition is not always true about a trifle? And Because diabetics cannot eat sugar, it hen we wake up to find that we have is blandly and with childlike naïveté abandoned a principle for an expedi- announced that sugar causes this

Never were effect and cause more blithely juggled. Nothing could be

Not content with this distortion of of benzoate of sods in our catsups and facts, we are assured by the same light jams, just a speck of sulphur dioxid and airy process of inverted reasonin our molasses and dried fruits, and ing that since saccharin is good even why not saccharin instead of sugar? for a special kind of invalid it must It is so much cheaper and five hun- be more wholesome for a well person.

Nearly all drugs which are useful under abnormal conditions are injuri-More than this amount, however, they ous when not needed. This is a funfeel sure causes "digestional disturb- damental principle in therapeutics which is well established.

The advertising of such misstate that you won't collect in your system ments as these to promote the substimore than the safe amount of these in- tution of saccharin for sugar should be jurious substances? Surely no good a red flag of warning to all reasonable American will mind taking a slight risk folks of the sinister and selfish aim at

United States argued, his firm saved lesser of two evils. If he must have a \$4,000 in one year just by substituting sweetener to keep up his appetite, and owing to his diseased condition cannot Here we have the matter in a nut- digest sugar, a minute amount of saccharin may be used. Even the diabetic would probably be better off without it.

So when the manufacturers of sac-Saccharin is an artificial product charin urge you to avoid the "dangers made from coal tar-even its sweet. of sugar"- a staple food since the days ness is not like that of sugar. It is of the ancients, who called it "the

A Long-Drawn Battle.

The legal ins and outs of the battle times of great exertion it is the readi- between sugar and saccharin would be est available source of energy and en- amusing if there were not so much at

The Federal government, after issuathlete, the mountain climber and the ing four different decisions, flatfootedly rules that while foods for the cure or mitigation of disease may contain sacnishes the body nothing at all except charin, if so labelled, "this must not Made by the extra labor on the part of the be interpreted to mean that the use of kidneys to excrete it! "A fair exchange saccharin in foods prepared for ordiis no robbery"-but is this a fair ex- nary consumption is permissible even if declared on the label."



sickening in its intensity, and it has honey of reeds"—by substituting a non-say: "Use saccharin to sweeten, and do fined or sent to jail! not another attribute in common with food coal tar product discovered but not hesitate to declare its presence on That is how the warning should read at issue was unconstitutional, because its healthfulness and economy!

on the label if the goods go into inter- unless it were proven to be injurious in saccharin manufacturers have erected a

Could effrontery go further? By all reality decided that the law could not therefore discriminatory.

based on a Missouri decision, which in products only, i. e., soft drinks, and was the Excelsior Bottling Works. By a illiterate are entitled to the full pro-

means, "do not hesitate" to declare it prohibit the presence of an ingredient. On which slender foundation the justices sustained the ordinance of the

Whereupon the succharin advertisers state commerce otherwise you may be the amounts in which it was present; brave edifice proving the superiority of and, secondly, that the particular law saccharin to sugar as a sweetener, and Judge Russell's opinion is this state- cheaper artificial sweetener is placed

vote of two to one the Special Sessions

value" is the foundation for this decision in the interests of preventing imposition and fraud. It is to be noted that while the point of injuriousness is not pressed, neither it denied. Judge Russell says:

Board of Health and decided that the

'Although as an ingredient of food it may not be deleterious, still its use can be absolutely prohibited." And note that, though it "may not be" deleterious, the possibility remains and the law prohibits the use of a food as injurious if "it contains any ingredient that may render such article of food injurious to health."

The law does not require that the poisonous ingredient shall in all cases and under all conditions be injuriousthe possibility of harm is enough to

It was cleverly urged that saccharin and therefore the question of food you get over a certain amount. value is not pertinent. But it must be remembered that the natural condiments, such as salt and pepper, have also distinct functions in the body, the salt being necessary to digestion, and the pepper being a stomachic-whereas the saccharin plays no part whatever in the body economy.

And furthermore, it is substituted for a product not exclusively condimental, sugar having both flavor and food value. If we substituted salt or pepper in a product for one of the food elements it would also be objectionable, the substitution of non-food materials although to a less degree than in the case of saccharin.

Those Who Need Protection.

"Nor will a suitable label Nor shall we hear of it! the Great Sweetener—sugar.

Sugar furnishes energy and heat at sugar.

Sugar furnishes energy and heat at sugar furnishes energy at sugar furnishes energy at sugar furnishes energy at sugar furnishes energy at sugar furni tection of the law." This is a master stroke!

they are usually the same as the illit-

support the loss in food value. Our food law is becoming only a mis- failing to read labels and to turn down scribed on this page and know them to equal the claims of the long handle, is especially adapted to branding and labelling act. Anything products substituting saccharin for

Battle to Legalize This Cheap Coal Tar Sweetener.

marked economic advantage (to the manufacturer) is pitted against the un-

prohibition of saccharin in food prodorganized "general welfare." ucts was constitutional. "The lowering When the Camel Saccharin gets its of quality by substituting a material of nose in the Pure Food Tent it won't be no food value for one of high food

long before Good Old Sugar will be sitting in the road outside. Just now the Germans aren't fer-

nishing the world with sweets-and you can't get saccharin at profitable prices; but when the Teutons go back to their normal pursuits-if in the meantime legal toleration is obtained for saccharin under cover of a small type declaration on a label (that most consumers never see)-then watch devel-

Not only the sodas and ginger ales and canned corn and preserves and candies (the two last named could then be made almost entirely of glucose with just a pinch of saccharin to make up for the absent sweetness), but any and sil foods calling for sugar, could legally contain instead this coal tar product, admittedly guiltless of any food value and admittedly dangerous to health if

Beware the Cheap Substitute

Only "one-hundredth of 1 per cent" in your ginger ale. It takes a small man to quibble over that, doesn't it?

But-suppose you make up the "injurious" amount from other sources? And, supposing you are not injured at all, are you interested in saving thousands a year to the food manufacturers by cutting down the quality and food value of these several foods? About thirty have been known to contain saccharin. Debasing quality by for true foods is one of the most insidious forms of food adulteration.

We don't hear anything of reducing One especially cheering feature of the price of the foods in which this

put, would use this substitute any more The "poor" might also be included; than they use benzoate of soda because they can, but they might be forced by erate, and they get the cheap adul- unfair competition to do so if a short terated products of this kind every sighted policy legalized this specious time, and are the least able to protect fraud, just as millers are forced by hemselves from the imposition or to unfair competition into bleaching flour.

Don't help to make this possible by

it's the housekeeper's responsibility The New York case, while most en- to back up pure food principles by her

The saccharin makers are on their

actual usage. The material and construction of each utensil are to lift at least fourteen pounds. The couraging after the Missouri decision, intelligent practices in buying. bring complete defeat, when such Are you on yours?

Wire Cone Toaster.

Mich.

and durable throughout. Price 25 cient and durable. The rubber tired invented, the family depending upon cular in shape, with convenient hand wheels are pressed steel, with ball gas as the cooking fuel had to be grips. A %-inch steel tube with sharp bearings that make the sweeper noise- satisfied with bread toasted in the radial steel blades forms the central less and easy running. An anti-ravel- broiling oven. The method was usually portion and the cutting part. The Rolller device prevents dirt, hair, ravel- inconvenient as well as inefficient and man Apple Cutter is useful for genlings, etc., from gathering in the brush the toast produced not always palater and household use, and is especially

need be "on" only one-half of the time it will be made heavy and soggy. With of the hands or scorching of the face. is eleven inches wide, and consists of stove and will toast four slices of eighths or twelfths. Price 25 cents.

Co., Mount Joy, Penn. This device is simple and so designed

that at one stroke it will slice the ap-Until toasters suitable for use over ple and cut out the core. It is made the top burner of a gas stove were entirely of metal, tinned, and is cir-

SOME SWEET FACTS

Sugar, "the honey of the reeds" of the ancients, is a food, an especially

Saccharin is a coal tar product of recent origin with no food or fuel value whatever; it is admittedly injurious if more than 0.3 gram (4.5 grains) a day is taken. Who is going to weigh out your portion, if the law permits its use in foods? Sugar is very injurious to diabetics, because owing to the special de-

rangement of the digestive functions the sugar is not assimilated and is excreted as such by the kidneys. The effect of this disease proves nothing as to its cause. Because saccharin is needed by the diabetic, who cannot take sugar, it does not prove that it is wholesome for a normal man. Quite the

contrary. Practically all drugs having a useful purpose in diseased conditions are injurious when taken in a state of health. Saccharin is excreted by the kidneys unused and practically unchangedby both well and sick-to their ultimate detriment.

Substituting saccharin for sugar lowers food value and debases quality. This is adulteration under the law just as much as the addition of injurious ingredients.

TESTED AIDS FOR THE HOUSEHOLD The Tribune Institute experts have tested all articles de- The "Hande" Hot Pan Lifter, with its

the Dover Sifg. Co., Canal Dover, Ohio.

grandmothers, mothers and even we ourselves used the common flatiron and did surprisingly good work with it, but in this

and the operating cost at the usual electric rates higher, but often its convenience and efficiency well repay the investment. When electricity can be bought at five cents per kilowatt hour it compares very favorably with irons using other fuels.

The Dover Electric Iron is well constructed and weighs six and threefourths pounds, or with the six feet of flexible connection cord and separable socket attachment detached, six pounds.



manufacturer. The only unknown element is that of time, such work, but may be used for many goes-if only it is mentioned on the sugar! for it is obviously impossible to give any article the same other purposes. It is made of galvan- label! wear and tear it would receive during weeks or months of ized drawn wire and strong enough considered, and it is believed that all described here will give two gripping jaws-one being station- will probably be appealed. The end is service that is fully satisfactory, although the actual length ary while the other slides on the not yet, and eternal vigilance only can jeb every minute.

age of emciency the wise nousesseeper uses an electric iron and considers it of wear cannot be guaranteed definitely. Should any of our readers find that handle can be separated any disa priceless adjunct to the laundry an article has broken down under ordinary conditions before it has given reaequipment. With it better ironing is sonable service the facts should be reported fully to this Institute. Both the securely grip round or square pans equipment. With it better ironing is done, less time and labor required and under far more comfortable conditions. No stove or gas burner to heat up the room, and no walking back and forth between the ironing board and the range.

The initial cost of the iron is more

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The initial cost of the iron is more

equipment. With it better ironing is sonable service the facts should be reported fully to this Institute. Both the securely grip round or square pans with a rolled edge. Price 25 cents.

Grand Rapids Carpet Sweeper.

Made by the Bissell carpet Sweeper.

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\$3.50.

"Lightning" Bread and Cake Knife. Made by the Dunn Edge Tool Co. Oakland, Me. The odor of fresh baked bread or

It is a convenient shape and well bal- cake often "makes the mouth water" The problem of removing hot pots anced, and, like an efficient iron should, for a taste, but the cook will not peranced, and, like an efficient iron should, for a taste, but the cook will not perand pans from the oven is often diffiand braid protect pieces of furniture
cult to meet without painful burning
when accidentally knocked. The brush
of the hands or scorehing of the time
it will be made heavy and soggy. With

cost of operation is five cents per hour cur, as its keen specially designed saw a home without either a hand or elecon a 10 cent per kilowatt hour basis. tooth edge will cut hot or cold cake tric vacuum cleaner, the carpet sweep-Included with the iron is a three-tier and bread easily and leave a smooth er still has its use, because of its light- Made by Harkins & Willis, Ann Arbor, steel stand and a wire frame for sup- surface. The blade is made of a ness and the ease with which it can porting the iron in an inverted position good quality of steel and securely be operated for just "brushing up." so that its surface or base can be used fitted into an ebony finished wooden The Grand Rapids Carpet Sweeper as a hot plate for light cooking. Price handle. The construction is strong possesses features that make it effi-

> The "Hande" Hot Pan Lifter. Made by E. D. Schmitt, Upper Montclair, N. J.

cents.

bearings, while rubber corner cushions able.

planned for over the week end that probably only a small amount of tongue will be among the leftovers on Monday. This may be used to excellent advantage with the shirred eggs for breakfast on Monday, while the small bones, or "root" of the tongue, as it is called, will enrich the bean soup served for the evening din-

ner. For both Monday and Tuesday very inexpensive dinners are suggested, the veal loaf and escalloped haddock with tomatoes being very reasonable in price, and as both furnish subsequent meals as well, one luncheon and one break-fast, the original cost is still further

reduced.

Simple green salads, so valuable during the summer months, are largely used for both luncheon and dinner, a crisp, cold delicacy of this nature being ideal for the midday meal on a sultry day, with fruit and an iced beverage. French dressing is always the best

to serve with these wholesome salads, and to give still greater variety in the

blending lemon or lime juice may be occasionally used in place of the customary vinegar. Be very careful in preparing any vegetable salad into which edible greens enter largely to wash them thoroughly in very cold water and then pat each leaf dry with a soft napkin. This is absolutely necessary, as otherwise the dressing will not adhere to the leaves and coat them properly. not adhere to the leaves and coat them properly.

Study to vary the cereal course daily. This may seem a very little matter, but the very sight of a new preparation or a dainty, different method of serving a familiar one will often tempt the appetite, especially if the cream is icy cold and the powdered sugar in an attractive shaker or sifter. Frequently the cereal course constitutes the most nourishing part of the breakfast menu, and the wise caterer will realize that no effort should be spared in its service.

vice.
The forequarter of lamb planned for Wednesday's dinner will sllow of celd meat for Thursday, curried lamb for Friday's luncheon and the bones used as the basis of the tomato bouillon. A delicious accompaniment for the cold meat may be obtained by forming the

cold dressing into small, flat cakes, then dipping in seasoned flour and frying crisp and brown in hot bacon drippings. Little novel additions of this kind will be found to help out the plainest kind of a dinner.

On glancing over the menus arranged for the coming week the caterer will notice that very little meat is used for either breakfast or luncheon and that the evening dinner has been arranged as the principal meal of the day.

Tested Recipes.

Maryland Biscuits.

Maryland Biscuits.

Rub one teaspoonful of sait and one tablespoonful each of lard and butter into two scant quarts of flour and mix in about two cupfuls of ice water until you have a very smooth dough. Do not use any baking powder. Knead until thoroughly mixed and turn the dough out on the bread board. Beat with the rolling pin until the dough is full of blisters and well puffed up, turning it as you beat it; then form quickly into thin small biscuits, prick with a fork and bake in a quick oven for fifteen or twenty minutes. These delicious bistwenty minutes. These delicious bis-cuits i r which Maryland is justly fa-

MEALS ALL PLANNED FOR THE COMING WEEK All recipes have been tested by the writer,

VIRGINIA CARTER LEE Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

nous must be well beaten to be a com-Cream Cheese Salad.

Chill the cheese thoroughly on the Chill the cheese thoroughly on the ice, then mash to a paste and add for each cheese of 10-cent size two table-spoonfuls of chopped parsley and two slices of minced green peppers. Blend well, roll with butter paddles into small balls and serve three for each portion on crisp white lettuce leaves that have been chilled and dressed with French dressing.

Mondad Data Pica

Moulded Date Rice.

Wash one cupful of rice in several waters and boil it rapidly in boiling water for five minutes. Drain, add two cupfuls of milk and cook slowly until the rice is tender and the milk absorbed. Dissolve three-quarters of a heaping tablespoonful of instant gelatine in four tablespoonfuls of hot water and add it to the rice with one-quarter of a cupful of sugar, a tiny pinch of salt, one teaspoonful of vanilla extract and half a cupful of whipped cream. Stir the mixture frequently as it cools, and when it begins to stiffen fold in one small cupful of

chopped and pitted dates and turn into and ornamental mould that has been rinsed with ice water. Set on the ice to chill and harden and serve unmoulded accompanied by a little thin cream.

Watermelon Compote,

This will be found one of the most delicious summer delicacies, and it is very easily prepared. Scoop out with a small ice cream scoop the pink flesh from a ripe watermelon, and pack into a preserve jar with a water-tight cover. Pour over sufficient Maraschino cordial to moisten, adjust the rubber and cover and bury in ice and rock salt uptil the and bury in ice and rock sait until the melon is icy cold and the syrup of the consistency of snow. Serve quickly in small ice cream compotes. In preparing this recipe be careful not to free.

Clam Fritters.

Flace in a mixing bowl one cupful of clam liquor, half a cupful of milk and two well beaten eggs. Then add one pint of drained, chopped clams and sufficient sifted flour, mixed with one heaping tenspoonful of baking powder, to form a batter stiff enough to drop from the spoon. Stir in one table-

spoonful of olive oil and fry by the spoonful in deep, hot fat to a crisp brown. Drain for a moment or two on brown paper and serve on a folded napkin, garnished with quarters of lemon, dripped in chopped parsley.

Peach Ice Cream.

If these directions are followed ex-If these directions are followed exactly a very rich, smooth cream will result: Heat in the upper part of the double holler one pint of milk with a pinch of salt and stir in one heaping tablespoonful of cornstarch moistened to a paste with a little cold water. Cook, stirring constantly, for eight minutes. Have in readiness two eggs that have been beaten with two heaping tablespoonfuls of sugar; add this to the cornstarch mixture and cook for a moment or two longer. Do not let it boil or it will curdle. Remove from the fire, and when cold fold in half a pint of sweetened whipped cream. Turn into a chilled freezer, and when about into a chilled freezer, and when about half frozen add a cupful and a half of sweetened peach pulp. Use sliced peaches, pressed through the potato ricer. Continue freezing until firm and smooth, and repack in ice and salt for two or three hours to ripen.

Monday.

BREAKFAST. Plums Cherries
Steamed Cereal
Shirred Eggs with Minced Tongue
(last of cold tongue)
Maryland Biscuits Coffe LUNCHEON.

Cream Cheese Salad
Thin Brown Bread and Butter
Sliced Peaches Mocha Cake
(from Sunday night's supper) Bean Soup
(from tongue bone)

Veal Loaf Brown Gravy
Creamed Potatoes Peas
Cucumber Salad

Alang Raspberry Sauce

Tuesday.

BREAKFAST. Cantaloupe Uncooked Cereal Browned Vegetable and Bacon Hash Popovers Coffee LUNCHEON.

DINNER. Cheese Canapes
Escalloped Haddock with Tomatoes
Potato Balia Buttered Beets
Egg Salad
Watermelon Compote

Sliced Veal Loaf (from last night's dinner) Tomato Sandwiches Molded Date Rice

Wednesday.

BREAKFAST. Red Raspberries
Creamed Fish with Green Peppers on
Toast
(from last night's dinner)
Vienna Rolls Coffee

LUNCHEON. Combination Salad Rolls (reheated) Chocolate Cup Cakes Orangeade DINNER.

Jellied Bouillon

Roast Forequarter of Lamb, Mint Sauce Browned Potatoes Green Corn Lettuce French Dressing Fruit Junket

Thursday. BREAKFAST.

Molded Cereal with Dates and Figs Broiled Ham Radishes Buttered Toast LUNCHEON.

Bread Sticks Cold Slaw Ginger Cookies DINNER. Corn and Tomato Chowder Cold Sliced Lamb Browned Dressing Cakes Chutney Sauce Potatoes au Gratin Vegetable Salad

Peach Pan Dowdy

Clam Fritters

Friday.

BREAKFAST. Blueberries Calf's Liver and Bacon Gluten Rolls Watercress Coffee

LUNCHEON. Curried Lamb in the chafing dish (from last of cold lamb) Buttermilk Biscuits Jellied Blackberries

DINNER. Tomato Bouillon in Cups Broiled Mackerel Potato Puff Creamed Cucumbers
Sliced Tomatoes French Dressing
Squash Pie

Saturday: BREAKFAST.

Black Caps. Cornmeal Mush. Grilled Tomatoes. Dropped Eggs. Coffee. Brown Bread Toast. LUNCHEON. Pickled Fish. (From left-over mackerel.) Cucumber Sandwiches. Individual Blueberry Puddings.

Olive and Anchovy Canapes. Chicken Pot Pie. String Beans. Mashed Potatoes. Chicory Salad, Tapioca Jelly.

DINNER.

Sunday. BREAKFAST.

Sliced Peaches. Uncooked Cereal. Codfish Cakes. Coffee. Coffee Cake. LUNCHEON OR SUPPER. Chicken Salad. (From Chicken Pot Pie.) Finger Rolls. Coffee. Iced Tea.

DINNER. Vegetable Soup.
Planked Steak with Mushrooms.
Hashed Brown Potatoes. Succota
Fruit Salad.
Peach Ice Cream.